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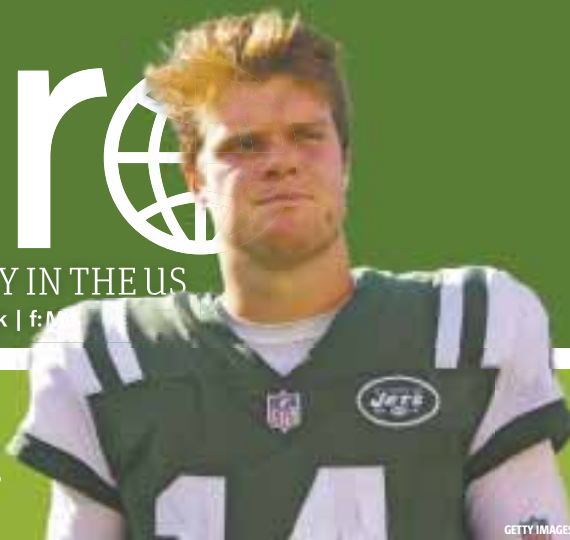
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SAM OLD JETS

Ill-timed miscues, including two Darnold INTs, cost Gang Green in its home opener. 16



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Kavanaugh's accuser goes public. 10

Pub talk with Sex Pistols legend John Lydon. 14



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DEVASTATION

At least 15 are dead, thousands remain without power, and rivers continue to rise as Hurricane Florence batters North Carolina. 4-5

GETTY IMAGES



'BoJack Horseman' creator ponders the series' future. 12

THINGS TO KNOW

MORGAN ROUSSEAU, MANAGING EDITOR

The nation anxiously watched the East Coast over the weekend as Hurricane Florence slammed into the Carolinas, prompting massive evacuations and rescues. The devastating storm came just a few days before the one-year anniversary of Hurricane Maria, which wreaked havoc on Puerto Rico in 2017. Turn to pages 4-5 and visit metro.us to get the latest on Florence recovery, and pick up a Metro on Thursday for our Maria anniversary coverage.

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SUPER TYPHOON SLAMS INTO CHINA

IA super typhoon made landfall in China's Guangdong on Sunday, the country's most populous province, after wreaking havoc in Hong Kong and Macau and killing potentially more than 50 people in the Philippines. Packing winds of more than 125 mph at its peak, tropical cyclone Mangkhut is considered the strongest to hit the region this year. Its strength outstripped that of Hurricane Florence, which achieved maximum sustained winds of 90 mph when it roared

into North Carolina in the United States on Friday. The eye of Mangkhut, the Thai name for Southeast Asia's mangosteen fruit, skirted 62 miles south of Hong Kong but the former British colony was still caught in the typhoon's swirling bands of rain and gale-force winds. Hong Kong raised its highest No. 10 typhoon signal mid-morning as ferocious winds uprooted trees and smashed windows in office and residential buildings, some of which swayed in the gusts, residents said.

NYC BALLET FIRES TWO IN NUDE PHOTO ACCUSATION

2Two male principal dancers of the New York City Ballet were fired on Saturday following accusations that they were part of a ring of male dancers who shared nude photos and videos of women, according to NBC New York. Amar Ramasar, Zachary Catearazo and a third dancer, Chase Finlay, who resigned last month, are all part of the ongoing investigation following a lawsuit filed by Alexandra Waterbury. Waterbury, who dated Finlay, filed a lawsuit against NYC Ballet after she was made aware that Finlay shared

explicit videos and photos of her taken without her knowledge or consent with other men, as well as dancers employed by the company. In her lawsuit, Waterbury accused the ballet company of allowing a "fraternity-like atmosphere" where male dancers thought "they could degrade, demean, mistreat and abuse, assault and batter women without consequence." The lawsuit prompted NYC Ballet to open an investigation sharing that they were not aware of the inappropriate behavior and did not condone such behaviors.



BALLOONISTS TAKE TO THE SKIES AT LONGLEAT'S SKY SAFARI

3Hot air balloons take to the skies at Longleat's Sky Safari over the weekend near Warminster in Wiltshire, England. According to the organizers, 230 hot air balloons from around the world, including a menagerie of animal shapes, arrived Friday at Longleat for the largest gathering of hot air balloons ever in the U.K. The three-day event, which featured mass ascents and tethered "Night Glows," also hoped to create a new U.K. record for the most balloons in the sky simultaneously, with nearly 170 inflatables of all shapes and sizes taking to the skies Sunday morning.

2 FALL ILL IN RESTAURANT IN UK POISON ATTACK CITY

4Two people fell ill on Sunday when eating in a restaurant in Salisbury, the English city where former Russian agent Sergei Skripal and his daughter Yulia were poisoned in March, police said. Police were called to the Prezzo restaurant in the evening in response to a "medical incident" involving a man and a woman, Wiltshire Police said in a statement. "As a precautionary measure, the restaurant and surrounding roads have been cordoned off while officers attend the scene and establish the circumstances surrounding what led them to

become ill," it said. Britain has said Russian officers used the nerve agent Novichok to attack the Skripals. The Kremlin has denied any involvement. Police have said a nerve toxin had been left on the front door of the Skripals' home. They were found slumped in Salisbury city center after visiting Prezzo and another Italian restaurant, Zizzi. The former Russian spy and his daughter survived the murder attempt, but an unconnected woman, Dawn Sturgess, died in July and her partner Charlie Rowley fell ill after Rowley found a perfume bottle containing the same nerve agent.

SWISS STUDY ALLEGED CYBERATTACK ON WADA

5Swiss prosecutors are investigating whether Russian agents tried to hack the World Anti-Doping Agency, the Office of the Attorney General said on Saturday, broadening the scope of alleged espionage against institutions in Switzerland. Criminal proceedings were launched in March 2017 on suspicion of political espionage, the OAG said in a statement. "As part of these proceedings the OAG, in cooperation with the Federal Intelligence Service, was able to identify two individuals," it said. "The aforementioned criminal proceedings ... refer to criminal

proceedings being conducted by the OAG due to a cyber-attack against the World Anti-Doping Agency," it added. The OAG said the individuals concerned were the same pair identified by the Swiss intelligence service which on Friday said it had foiled a Russian plot targeting a Swiss laboratory used to test nerve agents such as Novichok. The OAG said it would give no further information on the case, which it has not revealed until now. Swiss media on Saturday said the WADA offices and International Olympic Committee in Lausanne had both been targeted.

STATS

COMMON SENSE

TEENS' PHONES GET SMARTER AND MORE ADDICTIVE

Change in social media habits of 13- to 17-year-olds in the U.S. between 2012 and 2018

Have their own smartphone

41% 2012
89% 2018

Use social media multiple times a day

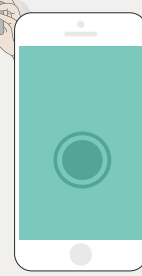
34% 2012
70% 2018

Don't use social media

17% 2012
19% 2018

Say Facebook is their main social media site

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15% 2018



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NEWS



Members of the FEMA Urban Search and Rescue Task Force 4 from Oakland, Calif., search a flooded neighborhood for evacuees on Friday in Fairfield Harbour, N.C. ALL IMAGES GETTY IMAGES

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As floodwaters rise, deadly storm Florence devastates North Carolina

About 668,000 homes were still without power in the Carolinas.

Deadly storm Florence drenched North Carolina with more downpours on Sunday, cutting off the city of Wilmington, damaging tens of thousands of homes and threatening worse flooding as rivers fill to bursting point.

The death toll rose to at least 16 from Florence, which crashed into the state as a hurricane on Friday, bringing record rainfall.

It had weakened to a tropical depression by Sunday, but was forecast to drop a further 5 to 10 inches

of rain in North Carolina, bringing rainfall totals in some inland areas to 15 to 20 inches and over 30 inches closer to the coast, according to the National Hurricane Center.

"The storm has never been more dangerous than it is right now," Gov. Roy Cooper told a news conference. Many rivers "are still rising, and are not expected to crest until later [Sunday] or [Monday]."

More than 900 people were rescued from rising floodwaters and 15,000 remained in shelters in the state, Cooper said.

South Carolina's governor issued a similar warning, urging anyone in a flood-prone area to evacuate.

"Those rivers in North





Carolina that have received heavy rainfall are coming our way," Gov. Henry McMaster said during a news conference. "They have not even begun [to crest]. But they will. And the question is how high will the water be, and we do not know."

"Our roads are flooded, there is no access into Wilmington," New Hanover County Commission Chairman Woody White told a news conference. "We want you home but you can't come yet."

In New Bern, a riverfront city near North Carolina's coast, the storm tore away porch steps, splintered balconies and sent a yacht plowing into a garage that shattered like kindling.

Anne Francis Coronado came back on Sunday to inspect the damage with her husband. "There's mud all over the floor and the wood floors have buckled," she said, adding that they planned to return to her brother's house because of the musty smell that pervades their home.

In Fayetteville, a North Carolina city of about 210,000 people some 90 miles inland, authorities told thousands of residents near the Cape Fear River

"The worst is yet to come."

Mayor Mitch Colvin

and Little River to get out of their homes by Sunday afternoon because of the flood risk.

"If you are refusing to leave during this mandatory evacuation, you need to do things like notify your legal next of kin because the loss of life is very, very possible," Mayor Mitch Colvin said at a news conference on Saturday.

"The worst is yet to come," he added.

In Leland, a low-lying city north of Wilmington, homes and businesses were engulfed by water.

Gas stations were abandoned, with many pumps keeled over, and fallen trees cluttered many roads, making them impassable. The whir of generators could be heard throughout the city, a sound not expected to dim soon as crews work to restore power.

About 668,000 homes and businesses were without power in North and South Carolina and surrounding states, down from a peak of nearly one million. REUTERS



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Gender 'X' to be an option on NYC birth certificates

The city joins four states allowing residents to choose a nonbinary gender on the documents.



NIKKI M. MASCALI
nikki.mascali@metro.us

Starting Jan. 1, 2019, all NYC birth certificates will include a gender "X" option for New Yorkers who do not identify as male or female.

City Council and the Board of Health passed the gender "X" legislation on NYC birth certificates recently. The ruling also allows individuals to no longer need a doctor's note or affidavit from a health care provider to change their gender.

"Today is a historic day for New York in its role as a worldwide champion for inclusivity and equality," City Council Speaker



When gender "X" appears on NYC birth certificates, the city will join Oregon, California, Washington and New Jersey as states allowing residents to choose a nonbinary gender on the documents. **NYC DOH**

Corey Johnson said in a statement to NBC News. "I especially want to thank the LGBTQ community for their advocacy and work on this issue to keep New York City in its rightful place as a leader in human rights."

Johnson introduced the NYC birth certificate legislation for the gender

"X" category in June with the support of Mayor Bill de Blasio. It passed in City Council with 41 in favor and six against.

The nonbinary gender will "allow transgender and gender-nonconforming New Yorkers to live with the dignity and respect they deserve," the mayor said over the summer.

mer.

A city official told NBC News de Blasio is expected to sign the NYC birth certificate legislation soon.

The city will join Oregon, California, Washington and New Jersey as states that allow residents to choose a nonbinary gender on the documents.

Cosby wants judge tossed before sentencing

With his legacy in tatters and facing prison time on a sex assault conviction, Bill Cosby isn't going down without a fight.

The legal team for Cosby, 81, recently filed a motion demanding that Montgomery County Judge Steven T. O'Neill, who presided over Cosby's trial and conviction, recuse himself from the case, in part due to alleged bias because his wife is a counselor for victims of sexual violence. But the motion is also based on new reports claiming that in 1998, he feuded with Montco DA Bruce Castor, a key witness for Cosby, while the two were competing for the DA's office.

According to Cosby's latest court papers, based on a report from celeb-gossip site Radar Online, at the time the two men were competing, O'Neill was separated from his wife — and his ex-girlfriend, Maureen Coggins (now a magistrate



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rial district judge) was a prosecutor in the Montco DA's office, where Castor worked as first assistant district attorney.

Radar claims Castor ordered Coggins to sit front row and center during the debate and wear a "Castor for DA" pin. Castor later got the GOP nomination for DA and went on to win the race.

Since that date, Cosby's lawyers claim, a "hostile and acrimonious" relationship has existed between the two, which they claim tainted Cosby's trial. **SAM NEWHOUSE**

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The fight against erectile dysfunction

Don't worry. It happens.
But there are ways to stop it!
By Pat King

Many men deal with the awkward physical disability commonly known as erectile dysfunction. As a matter of fact, it may be a more common drawback for more men than you may think. According to a study conducted by the Cleveland Clinic, roughly 52 percent of men experience erectile dysfunction in their day-to-day lives, with 40 percent of men age 40 experience it and 70 percent of men age 70. So what are some ways that you can combat this ... gulp... disappointing condition that affects so many men in the bedroom?

Eat and live right

As with many ailments, erectile dysfunction can be closely related to how much you exercise and how well you eat on a daily basis.

In a nutshell — by getting the right amount of cardio during the week, you will maintain a lower blood pressure which can help you to achieve healthier erections when it matters the most.

Eating right can also contribute to lowering your blood pressure with food like dark chocolate, pistachios, and watermelon all linked to lowering cholesterol and increasing the blood flow in the right areas. Some bad news for those who like the drink a few cocktails from time to time however is that drinking to excess has historically been linked to cases of erectile dysfunction. So try to cut back if you want to see improvements down there.

The importance of a healthy diet cannot be overstated in cases of erectile dysfunction as WebMD found It is estimated that around “35-75% of men with diabetes will experience at least some degree of erectile

dysfunction during their lifetime.” On top of that, men with diabetes will develop ED 10 to 15 years before men without diabetes.

Cut out the problem at the root

While many pills and contraptions have been touted as the end all be all cures of this worrisome condition, few have produced the same exciting restorative results as the ErectionWave treatment. Created by board certified urologist, Dr. David Shusterman, this new innovative treatment has taken a different approach to this issue than, say, swallowing a couple vias on a nightly basis. The most exciting aspect of this treatment is that it actually works to cure the real issues behind ED and not offering a temporary solution. By directing high frequency rays towards blood vessels that have been blocked, ErectionWave treatment

will increase blood through these pathways to allow for stronger and longer lasting natural erections without the assistance of pills or useless penis pumps.

Another more direct erectile dysfunction cure is known as the Priapus Shot — or otherwise known simply as the “P-shot”. This completely pain-free shot has been known to not only increase sex drive but increase the overall penis size to 3.5 centimeters. The shot gets these results by by kickstarting a man's own growth factors in his blood to recruit his body's own stem cells down to the penis causing quicker regeneration of tissue and blood vessels.

If you are interested in either of these groundbreaking treatments, make your appointment with Dr. Shusterman today by calling 212-661-0060.



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GEORGIA MAC

Smoke shops are now elevating customer experience

The smoke shops of today can easily be mistaken for home or lifestyle stores and their products, works of art. For some, that's intentional.



NIKKI M. MASCALI



NIKKI M. MASCALI
nikki.mascali@metro.us

Before marijuana went mainstream and was decriminalized in many states, some enthusiasts in New York City would often surreptitiously duck into smoke shops or hastily make purchases at sidewalk tables when on the hunt for new accessories.

Fast-forward to today, and that's no longer the case, especially as some city smoke shops have wares that look more like works of art than an apparatus to smoke "tobacco products." Some, like Village Grannies or Master Piece, can even be easily mistaken for a home or lifestyle store.

Metro witnessed many patrons inside Chelsea Market do just that during a recent visit to Higher Standards, one of the city's newest smoke shops. That's partly why the company chose the high-profile destination to house its flagship retail store.

"We chose this location because it speaks to a culture of connoisseurship. All the eateries and stores in the market really contain curated products for people who like the finer things in life, almost a hedonistic, indulgent culture," explained Chief Marketing Officer Sasha Kadey. "They care about the flavor of what they smoke and vaporize and want to elevate that experience — that's kind of the root of the Higher Standards brand. It's about promoting connoisseurship in this area and the things that go with that."

The homey, inviting store offers everything from its own brand of heavy-duty, USA-made glass cannabis accessories to books, blankets and products from Jonathan Adler, Marley Naturals and Jane West and artfully placed Volcano Vaporizers.

Higher Standards currently has a pop-up at The Pottery dispensary in Los Angeles.

Care & maintenance

With the core products at Higher Standards focused on care and maintenance "that will work with any glassware or vaporizer" — yes, including those colorful pipes you got on St. Mark's — here are some tips to keep them clean for maximum flavor.

- Fill and soak the piece with isopropyl alcohol, preferably 99 percent. It's more concentrated and "much better at breaking down that residual buildup or resin, which can get pretty sticky," Kadey said.

- Add salt rocks, "which give it a natural abrasive tool, and you basically plug the holes, shake the piece and empty it," he added.

- Use a pipe cleaner or cotton swab to get the hard-to-reach places where there might be extra buildup.

Permanent NYPL exhibit allows you to check out array of treasures



Among the vast array of the New York Public Library's "Treasures" is the U.S. Declaration of Independence, written by Thomas Jefferson. **ALL PHOTOS JONATHAN BLANC/NYPL**

For more than 100 years, the New York Public Library has been a treasure trove of free books, information, education and a place of respite for millions of New Yorkers and tourists alike.

Over the decades, the NYPL has also amassed more than 46 million treasures, items that range from manuscripts to rare books, prints, photos, ephemera and more, that have been accessible to the public for research purposes at four branches across the city.

Now, thanks to a generous \$12 million dona-

tion from Dr. Leonard Polonsky and The Polonsky Foundation, visitors will be able to check out (pun intended) the New York Public Library's treasures in a permanent exhibit set to open in the fall of 2020.

The rotating NYPL treasures will be on display in the 64,000-square-foot Gottesman Hall on the ground floor of the iconic Stephen A. Schwarzman Building at Fifth Avenue and 42nd Street.

"All members of the public deserve to see and be inspired by The New York Public Library's

countless treasures, carefully preserved as part of the institution's vast research collections for over a century," said NYPL President Anthony W. Marx. "This new exhibition will showcase our collections, highlight the importance of research libraries to audiences new and familiar and hopefully excite a new generation of researchers."

While the NYPL has long displayed its treasures, the Polonsky Exhibition will be the first to showcase how deep and vast its collection is.

NIKKI M. MASCALL

NYPL collections

With the unveiling still two years away, specifics about the New York Public Library's "Treasures" exhibit are not yet known, but there's a good chance these items could be part of the rotation at some point:

- The U.S. Declaration of Independence, written by Thomas Jefferson
- The original Bill of Rights
- George Washington's handwritten farewell address
- Manuscript material from Jack Kerouac, Langston Hughes, Malcolm X, Herman Melville, Virginia Woolf, Truman Capote,

Maya Angelou and many more

- Original Beethoven and Mozart sheet music
- Early dance footage of Baryshnikov, Jerome Robbins, Merce Cunningham and others
- L. Frank Baum's pen-and-ink drawings for "The Wizard of Oz"
- A circa-2,300 BCE Sumerian cuneiform tablet
- The work of iconic photographers like Diane Arbus, Lewis Hine and Richard Avedon
- The original Winnie-the-Pooh



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Accuser of Court nominee Kavanaugh goes public

“I thought he might inadvertently kill me,” she told the Washington Post.



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A woman who had anonymously accused U.S. Supreme Court nominee Brett Kavanaugh of sexual misconduct in the early 1980s decided to go public with her accusations and provided details of the alleged incident, the Washington Post reported on Sunday.

In an interview with the newspaper, Christine Blasey Ford said that as a high school student in suburban Maryland just outside of Washington, a “stumbling drunk” Kavanaugh pinned her to a bed, groped her and attempted to remove her clothing.

Last week, Kavanaugh said he “categorically and unequivocally” denies the allegations. The White House on Sunday did not immediately reply to a request for comment.

A spokesman for Senate Judiciary Committee Chairman Chuck Grassley, responding to the latest developments in the Kavanaugh nomination, said, “It’s disturbing that these uncorroborated allegations from more than 35 years ago, during high school, would surface on the eve of a committee vote.”

Pressure on Republicans to delay Kavanaugh’s

confirmation mounted, but it is unclear whether Ford’s decision to go public would hold up a Senate vote to confirm Kavanaugh.

Senate Democratic Leader Chuck Schumer said the Senate Judiciary Committee “must postpone the vote until, at a very minimum, these serious and credible allegations are thoroughly investigated.”

Democratic Sen. Diane Feinstein, the top Judiciary Committee Democrat, issued a statement on Sunday calling for a delay.

“I support Mrs. Ford’s decision to share her story and now that she has, it is in the hands of the FBI to conduct an investigation. This should happen before the Senate moves forward on this nominee,” Feinstein said.

In The Washington Post interview, Ford said that when she tried to scream, Kavanaugh put

his hand over her mouth. “I thought he might inadvertently kill me,” Ford told the newspaper, adding, “He was trying to attack me and remove my clothing.”

Senate Majority Leader Mitch McConnell has said that he would like to have Kavanaugh confirmed by Oct. 1, the start of the Supreme Court’s new term. His office did not immediately respond on Sunday to a request for comment.

That timetable would have Kavanaugh sitting on the Supreme Court — if he is confirmed — before the Nov. 6 elections in which one-third of the 100 Senate seats are up for grabs.

Ford, now a 51-year-old research psychologist in California, told the Washington Post that in July she sent a letter to Democratic Rep. Anna Eshoo about the incident but requested confidentiality at the time. **REUTERS**




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				→ 2 people	\$51,223 – \$66,800
2 bedroom		\$1,802	4	→ 2 people	\$61,783 – \$66,800
				→ 3 people	\$61,783 – \$75,120
				→ 4 people	\$61,783 – \$83,440
				→ 3 people	\$71,143 – \$75,120
3 bedroom		\$2,075	6	→ 4 people	\$71,143 – \$83,440
				→ 5 people	\$71,143 – \$90,160
				→ 6 people	\$71,143 – \$96,800
				→ 3 people	\$117,635 – \$122,070

Unit Size	130% AREA MEDIAN INCOME (AMI) UNITS	Monthly Rent ¹	Units Available	Household Size ²	Annual Household Income ³ Minimum – Maximum ⁴
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1 bedroom		\$2,472	5	→ 1 person	\$84,755 – \$95,030
				→ 2 people	\$84,755 – \$108,550
2 bedroom		\$2,975	4	→ 2 people	\$102,000 – \$108,550
				→ 3 people	\$102,000 – \$122,070
				→ 4 people	\$102,000 – \$135,590
				→ 3 people	\$117,635 – \$122,070
3 bedroom		\$3,431	6	→ 4 people	\$117,635 – \$135,590
				→ 5 people	\$117,635 – \$146,510
				→ 6 people	\$117,635 – \$157,300
				→ 3 people	\$117,635 – \$122,070

Unit Size	165% AREA MEDIAN INCOME (AMI) UNITS	Monthly Rent ¹	Units Available	Household Size ²	Annual Household Income ³ Minimum – Maximum ⁴
Studio	165% AREA MEDIAN INCOME (AMI) UNITS	\$2,947	20	→ 1 person	\$101,040 – \$120,615
1 bedroom		\$3,157	10	→ 1 person	\$108,240 – \$120,615
				→ 2 people	\$108,240 – \$137,775
2 bedroom		\$3,797	7	→ 2 people	\$130,183 – \$137,775
				→ 3 people	\$130,183 – \$154,935
				→ 4 people	\$130,183 – \$172,095
				→ 3 people	\$150,171 – \$154,935
3 bedroom		\$4,380	13	→ 4 people	\$150,171 – \$172,095
				→ 5 people	\$150,171 – \$185,955
				→ 6 people	\$150,171 – \$199,650
				→ 3 people	\$150,171 – \$172,095


¹ Rent includes heat and hot water
² Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.
³ Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.
⁴ Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.

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When is the Deadline?
Applications must be postmarked or submitted online no later than **November 9, 2018**. Late applications will not be considered.

What Happens After You Submit an Application?
After the deadline, applications are selected for review through a lottery process. If you are selected and you appear to qualify, you will be invited to an appointment for eligibility to continue the process of determining your eligibility. Appointments are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

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Pat King
Grumble Editor

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ISTOCK

READER WRITE-INS:

SPITTING ETIQUETTE

It may sound like a gross oxy-moron, but there is a lesser of evils as far as spitting/spreading germs goes. I do occasionally spit, but I always spit into the

street where only car tires (not people's shoes) will touch it, thus not spreading whatever it is that is causing me to cough up chunks in the first place. Some people are so nasty or just stupid or both: They spit

right where we all walk. Thus we all drag these germs into our workspaces and homes, etc., and touch them when we remove our shoes! So please spit your TB loogie into the street so the rest of us are not infected!

Basic consideration!

— "Fed Up" Chris, *Metro New York* reader

COVER YOUR MOUTH!

My grumble is people who yawn and don't cover their mouths.

Nobody wants to smell your stinking morning breath or your breath, period. I don't need to see how many cavities you have or how many back teeth you have that are missing. I feel like this goes hand-in-hand with

coughing.

— Cheray, *Metro New York* reader

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The winning caption from Vivian Masters, *Metro New York* reader

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Aries Not everyone will see things your way. You'll get the most out of doing your own thing. Don't let others stand in your way or take advantage of you.



Taurus You'll be tempted to make a change, but before you do, figure out the best way to move forward. Preparation and attention to detail will ensure that you reach your goal.



Gemini An energetic approach to learning, and executing your plans with thought, integrity and caution will help you interest others in your dreams and plans.



Cancer It's OK to do things differently. In fact, you will draw positive attention that will boost your reputation and expand your circle of friends. Romance is on the rise.



Leo Not all change is good. Think before you launch something that could work against you. Don't let emotions be your guide when logic and practicality are what's required.



Virgo Take care of your responsibilities quickly so you can enjoy your day. Put more energy and thought into how you handle your finances and treat those you love.



Libra Avoid trouble by keeping busy and living up to your promises. Focus on self-improvement and what you can accomplish yourself instead of trying to change others. Mixed emotions will lead to change.



Scorpio Keep your life simple. Don't take on something unrealistic that could lead to ill health or injury. Love who you are and concentrate on being your best.



Sagittarius Don't believe everything you hear. Consider the source of any information you receive. A scam or inaccurate instructions will turn out to be quite costly. It's OK to decline.



Capricorn Trust in yourself and make decisions based on experience. You will gain support if you make changes that will improve your environment at home or work. Romance is encouraged.



Aquarius Alter your life for the right reason, not because someone else is making a change. Don't complicate matters by trying to be someone or something you're not.



Pisces Size up your situation and take the initiative to improve your life. You have everything to gain by trusting and believing in yourself and your attributes.

EUGENIA LAST

LIFESTYLE



Raphael Bob-Waksberg ponders life for 'BoJack Horseman' after its fifth season

The creator of the acclaimed Netflix animated series talks about the new season, and whether a sixth is on the way.



ANDREW HUSBAND
letters@metro.us

Among the nearly 1,000 original programs that Netflix has produced and distributed in the past five years, Raphael Bob-Waksberg's animated dramedy "BoJack Horseman" reigns (and reins) supreme.

This largely due to the lengths that Bob-Waksberg and his writer's room will go to craft such heartfelt stories about things like depression, addiction and grief that are set in a cartoon world where people coexist with talking animals.

Of course, that's not to say that "BoJack Horseman" hasn't been plagued by its own problems. This is especially evident in the show's constant fight for renewal, for despite being a critical hit, Netflix always seems to wait until the last

minute to order another season. Bob-Waksberg spoke to Metro about this, as well as whether or not he wants to keep making the show.

"BoJack Horseman" is celebrated for its balance of humor and darker subjects, but some audiences have been turned off by the latter.

I'm in favor of people liking the show in any way they want to. We have fans who love the comedy and are less interested in the drama, while others prefer the dark melancholy center of it all to the goofy animal jokes. Some fans like different characters. I'd say if you like the show, then it's working, and I'm not going to tell you you're enjoying it wrong. I'm all for people getting whatever they get out of it in any way that's positive.

How do you and everyone else in the writer's room approach the show's bigger themes?

It usually comes from the stories we've told so far and where they've left us, and asking ourselves, "Where do we go from here?" Every season starts from a certain place.

What is BoJack doing? Where has he been? Where is he going? We had suggested a certain trajectory of growth in the last four seasons, but it's not always in the correct direction. We've been inching toward a desire for redemption, for a kind of inner peace.

If we're really telling that story, or trying to be responsible with that story, and he's not there yet, then there are steps we need to take to help him get there. In other words, if we want to go lighter, then first we have to go darker. We're not out of the woods yet. It would be disingenuous to pretend that we were. There were more rock bottoms to hit before this character could really make the correct effort to start climbing out of the pit he had dug for himself.

BoJack definitely digs himself into some pretty deep pits this season. Then again, the show at large does that, too. I'm thinking especially of the long eulogy scene.

I was really glad to have that opportunity, to take time with the character. That's what I love about

that episode, is that we can kind of shovel away a lot of the distractions and just focus on this one character. We can hone in on what he's going through and the nuance of all that.

Balancing the amount of comedy and drama "BoJack" seems like quite the challenge.

I think every writer brings something different to the table, which is what's nice about having a whole room. That's something that was very important to me from the beginning. I didn't just want writers who did what I do. For five seasons, we've had a really great staff from diverse backgrounds, all of them very different people with very different approaches to comedy and drama. That has been really helpful for writing all these characters, which helps "BoJack" be a very well-rounded show. It's never the same voice, over and over again.

Now that season five is coming out, what are your plans for the future? Will you keep doing "BoJack" as long as Netflix and its fans want more

of it?

I'm always sure that every season is going to be the season that everyone turns on us, the season that we finally screw it up. Every year that doesn't happen, it only increases the pressure for the following year. Someday, I'll probably crack and walk away from the show because it's killing me, but maybe I'll wait until we get that eventual backlash. Though really, I'm going to keep making the show as long as I can.

I won't say as long as Netflix allows me to, because I don't know where I'm going to be, or what I'm going to be going, in the future. But as long as I feel like the show has promise, and Netflix allows us to, it's a world that's still worth expanding. Our audience is still growing and I'm still excited by it. There might come a time when the show doesn't excite me anymore, but there are still lots of stories and relationships to explore. It hasn't gotten boring yet. There's a danger of it becoming boring for an audience, maybe before it becomes boring for me, but as long as they still enjoy it, and I still enjoy

it, I'm going to keep making it.

There's always the idea of quitting while you're ahead.

Right, but again, there is still a lot of promise in "BoJack" for me. I'm still excited by it. If it ever got boring, I would walk away, especially if it felt like I was spinning my wheels. But it's a great setup, and I really love the people I work with. I don't know that I'm ever going to make a show like this again. This is my one opportunity to tell these kinds of stories and make these kinds of jokes. Plus, it's a very large canvas. We've shown that we can tell all sorts of stories with all kinds of characters from different parts of society, and I would like to continue expanding it.

But we'll see what happens. You could be talking to me in six months, and I'll say, "Nope, it's done. Goodbye!" I don't know. Though I do feel comfortable saying that I don't think the fifth season is the last. I hope there are more, but we'll see.

"BoJack Horseman" season five is now streaming on Netflix.

Beau Willimon insists 'our human nature demands' we go to Mars

The "House of Cards" creator's new series "The First" revolves around the first manned mission to the planet.



GREGORY WAKEMAN
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There's an awful lot to admire about "The First."

There's the presence of Sean Penn, who plays one of the five astronauts chosen to be the first people to colonize Mars in the space epic, immediately makes anything worth watching. Then there's the sheer scale and size of the Hulu drama, which is matched by the meticulous and exquisite detail that has gone into making every little thing about "The First" feel authentic.

All of this combines to make viewers genuinely believe that a mission to Mars is on the periphery. That's because, according to "The First" creator Beau Willimon, it is.

We recently chatted with the "House of Cards" creator about "The First," during which time we asked if he believes we will ever make it to the Red Planet.

"Yes, I do, I do," was his emphatic response. "Because at the heart of our story, even though we talk a lot about technology, is the human heart."

"I see a mission to Mars as an extension of humanity's desire to seek out themselves," Willimon adds. "It is just an extending case of the first man walking out of his cave and going, 'I wonder what is on the other end of that ridge?' That journey was

just as vast and perilous as journey to Mars is for us."

Willimon is emphatic that it will happen because "our human nature demands that we go to Mars. It is just a matter of when."

"We are taking an optimistic approach to this and saying that it is possible that it could happen by the 2030s. And this is what it will look like," he says. "I hope it does happen by the 2030s. But no matter what I think, it will happen in many of our lifetimes. And when it does it will be a profound and very



GETTY IMAGES

dramatic shift for our species."

Willimon openly admitted that taking a giant leap into the sci-fi genre with "The First" was "incredibly intimidating," especially because of the inevitable comparisons to the likes of "Alien" and "2001: A Space Odyssey," the latter of which he insists "goes beyond science fiction and is some of the best filmmaking ever done in any genre."

"You certainly aspire to reach those heights. But it is intimidating to make any television show. It is almost a miracle that television shows get made

period," Willimon says. "Certainly when you are adding to that a layer of setting it in the near future and getting deeply technically involved in what a realistic mission to Mars will look like makes it doubly daunting."

"Luckily we had a great team of people, we did a ton of research, and that made it less daunting. The folks doing it in real life really helped make sure we got the story right," he adds. "Part of the draw of wanting to tell this story was that challenge and to learn about this stuff and do that deep dive."

"The First" is now streaming on Netflix.

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A beer and a chat with John Lydon

We caught up with the music icon to chat about everything from the Sex Pistols to his new documentary.



GREGORY WAKEMAN
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If there is one frontman deserving of a documentary, it is John Lydon. Obviously there's his iconic work as the lead singer of the Sex Pistols. But, as Lydon recently told Metro in a discussion about the film and his career over a beer, although it was "a major part of my life, because it was the first rung on the ladder," ultimately, it was rather "minimal."

Instead, "The Public Image Is Rotten" focuses on Lydon's work with Public Image Ltd (PiL), which he founded in 1978, and he insists that he founded on integrity, honesty and transparency.

"All of the things I wanted in the first band," Lydon says. "But I found to be incredible stumbling blocks for no real good reason other than the fear that the management were displaying at being honest."

Ahead, Lydon talks about the film, PiL and more.

Was PiL a direct reaction to the Sex Pistols?

Not direct. Indirect. Because there were terrific moments. Without the band's and my own incompetence really I don't think we would have got to the next level. It was that learning curve that we all had to go through and endure that made this happen. One thing leads to another. Malcolm would constantly imply there was a masterplan. No. There's no master. This is not "Star Trek." You know, that sexless bloody program that achieves nothing.

Looking back on what you have done with PiL, do you think you achieved what you set out for?

No, no, no, there's a hell



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of a lot of the journey left yet. There's nowhere near enough. But working on it and progressing it and being as honest as we can. The PiL now is the best period of my life in music, because of the bond we have and the integrity and the openness and the honesty. And the freeform arguments that don't result in, "I'm leaving." It is not a b-hfest any longer. There was an awful lot of that. It was very difficult to start PiL because the record company were dead against it. They categorically stated to me. "We can't support this because they are all unknowns." Well, duh, I was an unknown a year and a half ago. It is impossible to comprehend the stupidity of their decisions. But there it goes.

Liam Gallagher has always cited you as a huge influence on his persona, can you see that?

They have a very different approach. They are very good mates and that. But they love the distance and the pop star thing. That's their stance. Very different approach. And why not? Because most of my friends disagree with me anyway.

Do you see your influence on him?

No, no. Not even looking for it. It is nice he says so. But it means nothing really. He is his own person and that is good enough.

You met him? You know him?

I know them very well. I

wish they wrote a song that meant something. But there you go. We can't all be wordsmiths.

There's a scene in the film that shows the lengths fans went to try and get you to play Sex Pistols songs. Did that annoy you?

It is fine. But it is annoying when people expect you to be doing something that you did way, way back in your past. And that is all they want. That is disappointing. But it is also six of one, half a dozen of another. It is why not? You have to realize that, too. Why shouldn't they want it? But I am not a wedding singer. I don't do requests. I am not on a cruise ship. You get what I think is the best I can offer.

What's the future for PiL?

Play. Play. Earn money. Record. Play. ... Keep the wagon wheel running. In-corrutable. We'll do the gigs. Then we will finish up what we are recording. It will be out when the gigs are finished. But who knows what might happen in-between? There might be 20 more great gigs. They might not be. But either way, we are adjustable to any agenda that suits us. The more cash we can raise from touring the more time we can spend in the studio. The money goes straight back into the music.

"The Public Image Is Rotten" is now in theaters.

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How important is getting *positive feedback* in the workplace?

A study shows how important the words “good job” are to most workers



PAT KING
patrick.king@metro.us

We would all like to think that we are good at what we do. But how important is hearing that you have done a good job from your employer? A little validation of your efforts can make it all worthwhile at the end of a long workweek.

What motivates you at work?

Recent research shows how important this can be for people who work remotely and in the office. The study — by Paul White, workplace-relationship psycholo-



ISTOCK

gist, business consultant and author of “The 5 Languages of Appreciation in the Workplace” — surveyed 130,000 on-site and off-site employees around the country to see what motivated

them the most when it came to their professional goals. The study found that employees who work from home tend to be more independently driven, with

only 38% of those polled placing value on positive validation from an employer. On the other hand, 48% of employees who work in the office consider validation from an employer motivating.

While affirmation from the boss may be more important to commuters, the study also concluded that off-site long distance employees value the camaraderie and companionship of their co-workers to gain validation.

The study shows that while only 25% of on-site employees place importance on having quality time with their co-workers to talk about work, 35% of remote workers value this kind of bonding time as something they need to feel validated at work.

That is why most remote employees prefer to have meetings

over video-conference call rather than over the phone so that they can put a face to the people they work with everyday.

These are some important statistics employers should take note of to maintain good working relationships with their employees — on-site or remote.

48%

Of employees who commute to an office day in and day out consider positive validation a motivation for doing well

In fact, Upwork, the world's largest freelancing website, found in its “Future of the Workplace” reports that nearly 63% of all companies in the U.S. now have remote workers. This

is almost two-thirds of the country's workforce. So it is more important than ever for employers to understand how to connect with employees, no matter where they are.

“We know that people would like to feel valued and appreciated at work,” explains Dr. White, “We have to self-motivate ourselves, but at some point it's nice to know that someone appreciates what you do.”

“Unfortunately most people don't feel appreciated. Some research shows that 65% of the workforce say they haven't heard anything positive back about their work in the last 12 months. Another study showed that 79% of people who leave voluntarily or quit site that lack of appreciation was one of the main reasons why they leave.”

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BET OF
THE DAY

The Cleveland Indians have the juiciest odds right now to win the World Series at 8/1. The Indians have been bored with the regular season for some time, and are only focused on October success. A solid play right now at 8/1.

The Pick:
CLEVELAND (8/1)

**MORE ODDS
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Mistakes ground Darnold, Jets in Week 2 loss to Fins

Jets lose for the first time this season in a sloppy affair.



JOE PANTORNO
joseph.pantorno@metro.us

Things might be looking up for the New York Jets, but Week 2 served as a reminder that the franchise has a long way to go as Gang Green lost for the first time in 2018, a 20-12 decision to the Miami Dolphins.

Turnovers and mental mistakes plagued the Jets and rookie quarterback Sam Darnold all afternoon, the 21-year-old's 334-yard and one-touchdown day spoiled by two interceptions. The Jets fumbled the ball four times on the afternoon as well, turning it over twice.

It spoiled a solid effort by New York's defense, which recovered a pair of fumbles while sacking Dolphins quarterback Ryan Tannehill four times.

Darnold's second-ca-

reer interception set up the opening score of the game as Kenyan Drake's six-yard rush put the Dolphins in front late in the first quarter.

It was TJ McDonald who picked the rookie off after he faked Darnold out, drifting to his left momentarily toward the middle of the field in zone coverage before heading to his right. Darnold never saw him and threw it right into the cornerback's hands as he returned it to the Jets' 15-yard line.

The score was Miami's first first-quarter touchdown in their last eight games.

With under five minutes left in the second quarter, Robby Anderson had the ball jarred loose after being hit hard from behind by Kiko Alonso. The Dolphins recovered the fumble on the Jets' 49-yard-line.

Two plays later, Miami was in the end zone after Tannehill hit Albert Wilson for a 29-yard score.

In the final minute of



Sam Darnold suffered his first loss as a pro on Sunday against a solid Miami Dolphins defense. GETTY IMAGES

the half, a Morris Claiborne defensive holding penalty extended Miami's drive after Tannehill was sacked on a 3rd-and-6.

The Dolphins didn't wait long to make them pay once again as Tannehill connected with AJ Derby on a 19-yard touchdown pass to give Miami a 20-0 lead.

Darnold and the Jets were poised to get on the board as the half ex-

pired, a 44-yard completion to Terrelle Pryor getting them deep in Dolphins territory. But a 12-yard completion to Chris Herndon and an ensuing scramble saw him end up inches short as time ran out.

The Jets carried the momentum of that late first-half drive into the third quarter when Darnold directed a seven-play, 75-yard drive that ended in a 29-yard completion to Bilal Powell.

It looked like they were poised to throttle their way back into the game after Jordan Jenkins helped force a Ryan Tannehill fumble, awarding the Jets possession on the Miami 12-yard-line. However,

Darnold was picked off for a second time on the following play in the back of the end zone by Xavien Howard.

New York would only be able to tack on a pair of field goals despite recovering another fumble near midfield on the subsequent drive following Darnold's second pick, cutting the deficit to eight with six minutes remaining in the game.

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Jacob DeGrom continues NL Cy Young pace vs. BoSox

Jacob deGrom's pursuit of the National League Cy Young Award remains very much intact after another quality outing against Major League Baseball's best offense in the Boston Red Sox on Sunday afternoon.

The New York Mets ace went seven strong innings, allowing three runs on five hits while striking out 12.

His league-leading ERA experienced a minor bump up to 1.78 as he was saddled with another no-decision in a 4-3 loss.

Still, deGrom extended his major-league



Jacob deGrom's ERA is at 1.78 after an encounter with the dangerous Boston Red Sox offense. GETTY IMAGES

record to 27-straight starts in which he allowed three runs or fewer. It was also his 22nd straight quality start, tying Bob Gibson and Chris Carpenter's single-season record.

All three of deGrom's

earned runs came in the third inning, highlighted by a Brock Holt two-run home run which put the Mets back 3-0.

The Mets managed to rally back to tie the game against the Red Sox bullpen, which was

tasked into an extended outing on Sunday.

Boston ace Chris Sale, the favorite for the American League Cy Young Award, was limited to just three innings of work as he works his way back from left

shoulder inflammation.

He shut the Mets out while allowing a single hit. The matchup on Sunday between the two Cy Young hopefuls was the first time that two opposing starters had at least 100 innings and a sub-2.00 ERA in a season since the Mets' Dwight Gooden met the St. Louis Cardinals' John Tudor on Sept. 11, 1985.

DeGrom's Cy Young chances increased after Washington Nationals ace Max Scherzer's allowed six runs on seven hits over just four innings against the Atlanta Braves on Friday.

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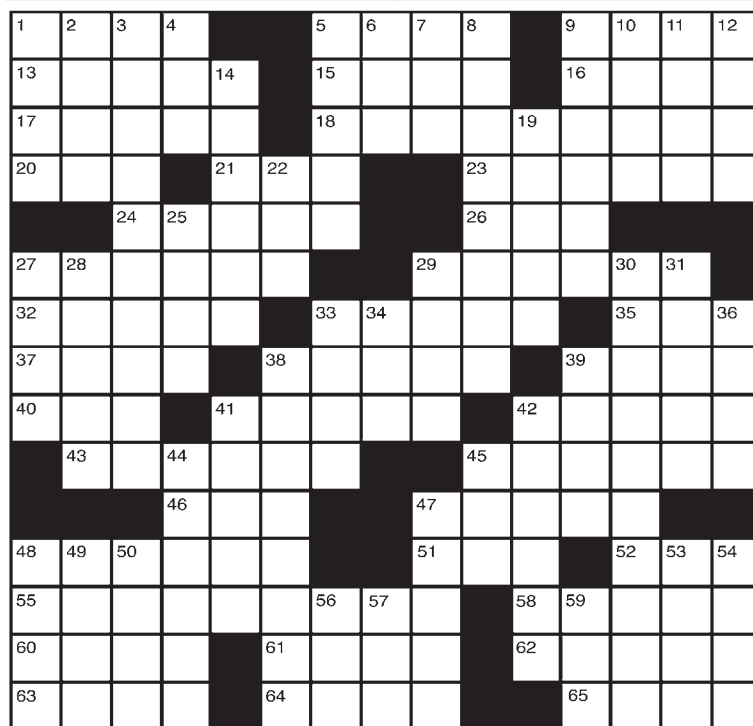
- 1 In ___ than no time; very quickly
5 Emulates Jean-Claude Killy
9 Urge forward
13 Boxer ___ De La Hoya
15 Gave, but expected back
16 Out of ___; misbehaving
17 Give one's views
18 Stupidity
20 90 degrees from WNW
21 Depressed
23 ___ up; prepare to kiss
24 Lasso's end
26 Lemon meringue ___
27 Iron and tin
29 At ___; haphazardly
32 Similar
33 Boasts
35 Dyer's tub
37 Velvety green ground cover
38 Portion
39 Go out with
40 Isn't ___ to; probably won't
41 Easy to access
42 Powerful winds
43 Grade-school compositions

- 45 Bits of gossip
46 That fellow
47 Tribal leader
48 Bitter conflict
51 Decay
52 Actress Wray
55 Foul language
58 Barcelona buddy
60 Vienna's nation: abbr.
61 Ensnare
62 Happen again
63 Pegs for Palmer
64 Current calendar pg.
65 Computer tech, perhaps

DOWN

- 1 Crazy as a ___
2 Sports channel
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4 Word with Juan or Antonio
5 Piece of playground equipment
6 Beer barrel
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8 Work ___; strike
9 Situated
10 Skater's oval
11 ___ in a blue moon; seldom

- 12 Forest creature
14 Install new shoe bottoms
19 In ___; destroyed
22 Pack animal
25 Shade trees
27 May honoree
28 Wed secretly
29 Riqué
30 Trump's workroom
31 Alma ___; one's old school
33 Canisters
34 Scarlet or ruby
36 "___ of the d'Urbervilles"
38 Remittances sent in
39 British title
41 Large Israeli port city
42 Stringed instrument
44 Changes gears
45 Greek letter
47 Burial chamber
48 Argument
49 Word of agreement
50 Late Kennedy matriarch
53 Malarial fever
54 New ___ City
56 Anger
57 Touch lightly
59 Nickname for Margaret

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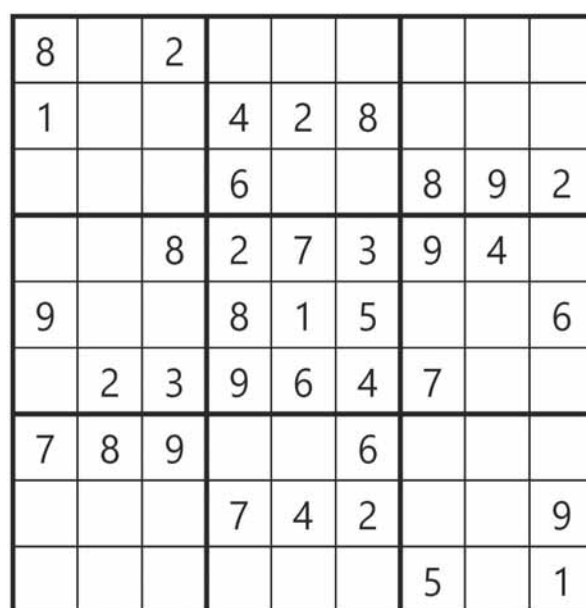
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